

Cream of Broccoli Soup

Makes: 4 servings

Warm up on a cold day with this creamy broccoli soup. Keep it healthy using fat-free milk and fresh or frozen broccoli.

Ingredients

- 1 1/2 cups** chicken broth
- 1/2 cup** onion (chopped)
- 2 cups** broccoli (cut)
- 1/2 teaspoon** thyme (dried, crushed)
- 2** bay leaves (small)
- 2 tablespoons** margarine
- 2 tablespoons** flour
- 1/4 teaspoon** salt
- 1 dash** pepper (optional)
- 1 cup** non-fat milk
- 1 dash** garlic powder (optional)

Directions

1. In a saucepan combine chicken broth, chopped onion, broccoli, thyme, bay leaf and garlic powder. Bring mixture to boiling. Reduce heat; cover and simmer for 10 minutes or until vegetables are tender. Remove bay leaf.
2. Place half of the mixture in a blender or food processor, cover and blend 30 to 60 seconds or until smooth. Pour into a bowl; repeat with remaining vegetable mixture, set all aside.
3. In the same saucepan melt the margarine. Stir in flour, salt, and pepper. Add the milk all at once, stirring rapidly with a wire whisk. Cook and stir until mixture is thickened and bubbly. Stir in the blended broccoli mixture. Cook and stir until soup is heated through. Season to taste with

Nutrition Information

Nutrients	Amount
Calories	120
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	560 mg
Total Carbohydrate	12 g
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	5 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

additional salt and pepper.

University of Nevada, Cooperative Extension, Calcium, It's Not Just Milk Home and Careers Curriculum Nevada
Nutrition Network